

## Shannon Grady

**Inventor:** Biomarker based human wellness and performance analytics application

**Author:** The Lacate Revolution: The Science of Quantifying, Predicting, and Improving Human Performance

**Physiologist/Consultant:**

US Olympic Team members in over 25 sports	2000-present
USA Track and Field Elite Development	2000-present
University of Tennessee- Cross Country/Track	2002-2013
University of Florida - University Athletic Association	2014-present
University of Southern California Cross Country/Track	2016-present
Villanova University Cross Country/Track	2002-present
Villanova University Soccer	2014-present
Duke University Cross Country/Track	2014-2016
University of Central Florida	2007-2008
Philadelphia Wings Men's Professional Lacrosse- Physiologist & Head Strength/Conditioning Coach	2001-2008
Philadelphia Charge Women's Professional Soccer- Physiologist & Head Strength/Conditioning Coach	2003-2006
Fresno State University Cross Country/Track	2016-present
Boise State University Cross Country/Track	2015-present
Monmouth University Cross Country/Track	2013-present
University of Connecticut Cross Country/Track	2013-present
University of Wisconsin Cross Country/Track	2013-present
Xavier University Cross Country/Track	2015-present
Loyola University Cross Country/Track	2014-present
Penn AC Rowing Club	2004-2008
Malta Rowing Club	2011-2014
Undine Rowing Club	2014-present
Westtown School Athletics	2007-present
Haverford School Rowing	2015-present
Malvern School Rowing	2015-present
Springside Chestnut Hill Rowing	2016-present
New Balance Professional Running	2017-present
FILA Discovery USA- Running	2000-02
MMA/UFC	2015-present
US Rowing	1999- present
Puerto Rico Rowing Federation	2015- present
Athletics New Zealand	2015- present
Skate New Zealand	2017-present
New Zealand Sailing	2018-present
Jordan Futbol Association	2017-2018
Italian Athletics Federation	2019-present

<b>United States Olympic Committee and US Rowing Sports Physiologist</b>	<b>1998-2000</b>
Olympic Training Center- Chula Vista, CA	

**Corrective Exercise Specialist- ICOHS and ACSM certified**

Assessment and treatment of biomechanical and soft tissue for acute and chronic injuries. Implementation of corrective exercise and soft tissue therapy plans.

**Researcher:**

Applied Physiology/Biochemistry Researcher American Heart Association

Applied Physiology/Biochemistry Researcher American Lung Association

**Presenter/Lecturer:**

UF Running Medicine Conference: UF & Shands Orthopaedic and Sports Medicine Institute  
USTFCCCA Track and Field Academy. Developed and presented the course for Master's Endorsement in Middle Distances  
United States Olympic Committee. Coaches Education Program: Track & Field and Rowing  
PA Track and Field Coaches Clinic  
US All-Star Track and Field Conference  
University of Miami Department of Kinesiology. Graduate Courses.  
University of Florida College of Health and Human Performance. Undergraduate Courses.  
American College of Sports Medicine. Clinical Exercise Assessment

**Education**

M.S. Major: Exercise Physiology/Biochemistry	1999
University of Florida, Gainesville, FL	
B.S. Exercise and Sports Sciences	1997
University of Florida, Gainesville, FL	
International College of Holistic Studies	2000
San Diego, CA	
American College of Sports Medicine	1998
Clinical Exercise Physiologist	
Performance Enhancement Specialist	
Corrective Exercise Specialist	